

Recovery College Greenwich

Autumn Prospectus 7th September - 16th October 2026



Galaxy S25 Ultra

Recovery College Greenwich

The staff at RCG would like to welcome you to the Autumn Term Prospectus.

RCG is a warm, safe space where you can meet new people and continue your recovery journey and learn to live again.

We have a range of courses and activities available that will help you to learn new skills and strengthen your 6R's.

When booking onto courses or activities, it is important to make a note of the dates and times you are due to attend and to be punctual. It is your responsibility to make sure that you know when you should be attending.

If you are unable to attend a class, or wish to cancel after booking on, please do so at the earliest opportunity by phone as there may be a waiting list and this would give another student the opportunity to attend.

If any of the courses or activities take your fancy, please call the college on **01322 912467** or **07712 924120** to book.

We look forward to seeing you around the college.



Recovery College Greenwich

Enrolling with RCG

If you feel that you could benefit from joining any of the courses or activities that we run, click on the link below, and after reading the guide for prospective students, fill in the enrolment form.

Your completed form will then come through to the college, and a member of the team will contact you and move your enrolment forward.

<https://www.therecoveryplace.co.uk/rcg-guides-2/>

The guide will take no longer than 30 minutes to read and will give you all the essential information that you need to know moving forward with us.

Recovery College Greenwich

Refreshments available at the college:

Tea - £1.00

Fruit tea - £1.00

Coffee - £1.50

Hot chocolate - £1.50

Water - Free



Please note that all payments are cash only and that we only accept coins.

Recovery College Greenwich

Information Advice and Guidance IAG

Every Monday - 7th September - 12th October - 11am-12pm @ RCG

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THE CLASS

Information Advice and Guidance is a one-off orientation session for all new students at the beginning of their Recovery College journey.

The IAG prepares new students wishing to attend the 6R's Sustainable Self Recovery Course and all other courses and activities provided at the college.

It also helps students to understand what we offer at the college and how it can support them through their journey.



Recovery College Greenwich

World War I

Every Monday - 7th September - 12th October - 2-4pm @ RCG

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THE CLASS

If you love history, why not join Kerry for this 6-week course where we will be delving in to the archives and learning about The Great War as it unfolded.

We will also be finding out what was going on in the Royal Arsenal and how it helped to win the War.



Recovery College Greenwich

Armed Forces and Veterans Drop In



Female Veterans Drop-In Group - First Monday of every month - 2-4pm (contact venue for Bank Holiday details)

All Veterans Drop-In Group - First Tuesday of every month - 2-4pm

If you want to chat with your fellow veterans or need support accessing services for veterans, this is the place for you no matter your length of service.

All ex-personnel are welcome to the Recovery College Greenwich in Anglesea Road. This is a safe, friendly space to have a cuppa, a chat with your peers or to relax and read a book. You can also arrange to use the IT services on site if you need to.

Contact us at:

Recovery College Greenwich

23 Anglesea Road

Woolwich

London

SE18 6EG

01322 912467

07712 924120



Recovery College Greenwich

The 6R's of Sustainable Self Recovery

Every Tuesday - 8th September - 13th October - 10am-12pm @ RCG

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THE CLASS

THE 6R's of Positive Sustainable Self, is a holistic, strengths-based framework that helps individuals care for their mental health through reflection, self-regulation and mindful growth. Each 'R' supports mental health awareness, personal sustainability and recovery without burnout.

Reflect - Pause, notice and think about the good things around you

Reframe - Shift perspective, look at life in a positive way

Reset - Stop, adjust and focus on the positive actions

Restore - Replenish your health and wellbeing

Reconnect - Reconnect with values, purpose, people and nature

Reimagine - Visualize and move toward new life possibilities and growth



Recovery College Greenwich

Tuesday Allotment

Every Tuesday - 8th September - 13th October - 10am-12pm - Outdoors

PLEASE DO NOT ARRIVE MORE THAN 10 MINUTES BEFORE THE START OF THE CLASS

Whether you are an experienced gardener or a complete beginner, the allotment is a great place to get outdoors and into nature.

Research has shown, that spending time in green spaces can reduce stress and anxiety, improve mood and sleep, increase self-esteem and life satisfaction, and foster community and social interaction.

Gardening in an allotment setting engages the body and calms the mind. It helps people to unplug, reset, and rediscover the healing power of nature.



Recovery College Greenwich

Reframe and Regain

Every Wednesday - 9th September - 14th October - 10am-12pm @ RCG

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THE CLASS

Do you feel stuck in a rut? Are you on a hamster wheel going over the same negative routine? Are there more positive things that you feel you could/should be doing but can't find the motivation or purpose?

If this sounds like you, join Kerry for this 6-week course where you can identify an area of your life that you want to improve, and work out your own 6-week accountability programme and get satisfaction out of achieving your goal.

Reframe your outlook and take weekly steps towards your end goal and Regain a better life.

Share your progress with the group each week and brainstorm different strategies if you are struggling.



Recovery College Greenwich

Knitting and Needlecrafts

Every Wednesday - 9th September - 14th October - 2-4pm @ RCG



PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THE CLASS

Join our Peer Tutor Pamela for this relaxed knitting and needlecraft activity.

Do not panic if you are a newbie, all levels are welcome. Let staff know when booking which level you are.

Students bring along their own project and Pamela will use her skills to guide you towards the finished item.

More people are rediscovering the therapeutic benefits of hands on, creative practices and few are as quietly powerful as knitting and needlecrafts. It isn't just about making something. It's a meditative, mindful act that helps soothe the nervous system, anchor the mind and create a sense of progress and peace stitch by stitch.

When paired with the 6R's of Positive Sustainable Self, knitting and needlecrafts becomes more than a hobby. It becomes a healing ritual that supports emotional balance and self-nurturing. It also builds confidence and bonds when combined with a group.



Recovery College Greenwich

4 Pillars of Health

Every Thursday - 10th September - 8th October - 10am-12pm @ RCG

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THE CLASS

Do you feel like your life is out of sync and you have lost your way a little bit? Are there things that you know you need to do but you lack the motivation to do them? Is poor sleep an issue for you that can lead to feeling stressed or angry?

If you have answered 'Yes' to any of these questions, join Kerry for this 5-week course where we will be looking at the 4 pillars of Health - Sleep, Nutrition, Stress and Exercise and how keeping a balance in these 4 areas can lead to a more productive and satisfying life.



Recovery College Greenwich

Games & Social

Every Thursday - 10th September - 8th October - 2-4pm @ RCG

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THE CLASS

Join us for a relaxing afternoon filled with classic games and trivia. Learn how to play games from one another such as Scrabble, Rummikub and Dominoes whilst having a catch up with your peers.

Perfectly bringing the 6R's of Sustainable Self Recovery into the realm of Games & Social is a brilliant way to show that healing doesn't always have to be heavy. It can be playful, creative and community driven.

Why Games & Social supports Sustainable Recovery

- It makes recovery accessible and enjoyable, not just 'serious work'.
- They allow people to practice resilience by handling wins, losses and surprises in a safe setting
- They encourage connection and belonging



Recovery College Greenwich

Feel Good Friday Walk

Every Friday - 11th September - 9th October - 10am-12pm @ RCG

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THE CLASS

Join Kerry for this 5-week Wellbeing Course where each week we will take a different route around the community.

This is the perfect opportunity to get outside, connect with your peers and nature and to do some gentle exercise.

Walking releases endorphins which help to improve your mood, reduce stress and enhance self-esteem. Even short walks can promote calmness and mental clarity. It is low impact making it suitable for all ages and fitness levels. After meeting at the college, we will do a physical health check in and warm up before heading out on a walk.

There will be the opportunity to break at the halfway point, and we will always go at the pace of the slowest walker.

When we return to the college, you can have a cuppa and a chat before the end of the session.



Recovery College Greenwich

Shoulder2Shoulder Angling Group

Every Friday starting 11th September - 10am-1pm

PLEASE DO NOT ARRIVE MORE THAN 10 MINUTES BEFORE THE START OF THE CLASS

For details and enrolment, please contact:

RCG Reception: 01322 912467

RCG Mobile: 07712 924120

Ross Minter: 07394 572702

Fishery address:

Gallions Lake

Whinchat Road

Thamesmead

London

SE28 0HD



As there is a maximum number of participants, you need to be enrolled on the group before attending.

Recovery College Greenwich

Bog Roll Blooms

Every Friday - 11th September - 9th October - 2-4pm

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THE CLASS

Yes, you read that correct! Bear with me!

Join Teresa for this 5-week course where you will be upcycling and turning used items (not used bog roll) into something pretty.

Have you ever looked at an old candle glass and thought 'what can I make instead of just putting it in the bin'?

Well now you can!

Using a candle glass, toilet paper and a few bits that you have at home, you can turn it into a Terrarium!

Learn new skills using things you have at home and produce beautiful flowers to place under the glass.

We will provide everything; you just need to bring your imagination.



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Monday	Tuesday	Wednesday	Thursday	Friday
IAG Every Monday 11-12pm RCG	6R's of Sustainable Self Recovery Every Tuesday 10-12pm RCG Tuesday Allotment Every Tuesday 10-12pm Offsite	Reframe and Regain Every Wednesday 10-12pm RCG	4 Pillars of Health Every Thursday 10-12pm RCG	Feel Good Friday Walk Every Friday 10-12pm RCG then Offsite Shoulder2Shoulder Fishing Group Every Friday 10-1pm Offsite
World War I Every Monday 2-4pm RCG		Knitting and Needlecraft Every Wednesday 2-4pm RCG	Games & Social Every Thursday 2-4pm RCG	Bog Roll Blooms Every Friday 2-4pm RCG

If you wish to do any of these courses, please call the college on 01322 912467 or 07712 924120

